

Signs of A Heart Attack In Women

The "classic" sign of heart attack (crushing chest pain) does not always apply to women.

Besides the atypical signs that some women experience (indigestion, abdominal pain, back pain, dizziness, nausea, vomiting without chest pain) the following may also occur in women:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- Pain that spreads to the neck, shoulders, upper back, jaw or arms
- Fainting, sweating, shortness of breath accompanied by chest discomfort
- Cold, sweaty skin
- Unexplained anxiety, weakness or overwhelming tiredness
- Swelling of the ankles and/or lower legs

If a woman thinks she is experiencing a heart attack, call 911 and get to a hospital emergency room as soon as possible. Check with your doctor beforehand to know whether aspirin is safe for you to use. If so, take a full-strength aspirin with water at the first sign of a heart attack.